

Winnipegger goes to Washington

Women's march was 'just the beginning'

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But if you think this fight is romantic or glorious, think again — exhilarating as the women's march was, the road ahead will be perilous **Vicky Mochama in Washington, metroVIEWS**

LYLE STAFFORD/FOR METRO



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Omega earning praise in Japan

WRESTLING

Wrestle Kingdom 11 main event overlooked by local media



Taylor Allen
For Metro | Winnipeg

Winnipeg's Kenny Omega is a superstar, but if you only follow local media, you might not know.

The 33-year-old Transcona native headlined New Japan Pro Wrestling's biggest annual show, Wrestle Kingdom 11, at the Tokyo Dome, on Jan. 4. Omega faced Japanese wrestler Kazuchika Okada for the IWGP Heavyweight Championship.

He became the first non-Japanese wrestler to star in a Wrestle Kingdom main event since former World Wrestling Entertainment (WWE) champion Brock Lesnar in 2006.

"It's the Japanese equivalent to the Super Bowl," said long-time wrestling broadcaster Jim Ross in a Dec. 13 media release.

But despite Omega's achievement, local media dropped the ball on covering it, according to people involved in Winnipeg's wrestling community.

"There are lots of fans locally that were constantly sending out tweets and Facebook posts to Winnipeg media and there wasn't any coverage," says Andrew Shallcross, who owns local wrestling company Premier Championship Wrestling.

"I just don't think they understand really how huge this was."



Pro wrestler Kenny Omega is originally from Transcona. JORDAN NEPON/CONTRIBUTED

But it's common for pro wrestling to be overlooked by the media, says AJ Sanchez, who started wrestling in 2002 for various local promotions and has wrestled throughout North America.

"Wrestling in general has a black eye to the media," says Sanchez. "All you generally hear are the negatives of the wrestling industry."

Sanchez believes wrestling has earned a negative reputation for all the scandals the

industry has faced over the years such as steroids and wrestlers dying young.

"The only time wrestling gets attention is when wrestling stars from the '80s and '90s come to town," says Sanchez.

Shallcross says the lack of coverage on Omega reminds him of another wrestling superstar from Winnipeg, Chris Jericho. Jericho has wrestled for WWE since 1999 and is a six-time world champion and nine-time Intercontinental

Champion.

"They didn't do stories on Jericho when he was here in Winnipeg and making his name in Japan and ECW," says Shallcross. "They were behind the times and waited until he was a massive star."

'Greatest match in pro wrestling history'

Omega lost to Okada after an exciting 46-minute match. The match was given a 6/5 star rating by Dave Meltzer of the Wrestling Observer Newsletter, who

has been covering pro wrestling since the early 1970s. It was the first time Meltzer awarded a match a six-star rating.

"Kenny Omega and Kazuchika Okada may have put on the greatest match in pro wrestling history," says Meltzer.

The match was also given high praise from WWE Hall of Famer Stone Cold Steve Austin on his podcast. Austin called it a "hellacious match" that was full of devastating moves. He thought the match was unpredictable and that Omega and Okada did an excellent job at selling each other's moves.

"That might be one of the best matches I've ever seen," says the six-time WWE Champion Austin. "I'd love to see Kenny Omega in the WWE. This kid's work is second to none."

Omega did everything he could to win the match, hitting nearly all of his signature moves. But every time he went for his finisher, the "One-Winged Angel," Okada would reverse it. Okada had to use his finishing move, "The Rainmaker," several times before finally winning the match.

'He will be in the main event of Wrestlemania at some point'

Neither Sanchez nor Shallcross were surprised by Omega's performance at Wrestle Kingdom 11. They both knew he had the potential to be a star from

early on in his career.

"The first time I saw him, his athleticism and charisma jumped off the page," says Shallcross. "You didn't know where it would take him, but you could tell he was something special."

Shallcross started PCW in 2002 and Omega was an original member of his roster. Even though Omega lives in Japan and primarily wrestles for NJPW, he still makes wrestling for PCW a priority when he's in town.

"We're very lucky that he continues to work for us when he's in Winnipeg," says Shallcross.

"He's like a coach in the locker room ... everyone wants to work with him and learn from him."

Omega tweeted after his match at Wrestle Kingdom 11 that he's stepping away from Japan to

reassess his future in wrestling. This reporter sought comment from Omega on Twitter but didn't receive a response by press deadline.

Shallcross doesn't know what the future holds for Omega, but he says if Omega decides to leave NJPW, he will be a star no matter where he goes.

"Everything he does from this day forward for the rest of his career, is his choice," says Shallcross.

"If he goes to WWE, he will be in the main event of Wrestlemania at some point because he will be the biggest star that they've had in a long time."



The only time wrestling gets attention is when wrestling stars from the '80s and '90s come to town.

AJ Sanchez



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1 Hundreds of people walk in the Women's March in Winnipeg on Saturday.

2 The crowd packed into Portage Place to hear from speakers and performers before spilling out onto Portage Avenue in solidarity with the Women's March on Washington.

3 Dozens of men turned out to Saturday's march, expressing their support for equality and women's rights.

4 The First Nations community took part, seeking justice for missing and murdered indigenous women.

PHOTOS: LYLE STAFFORD/METRO

'Inspiring and powerful'

ADVOCACY

63-year-old retiree reflects on marching in Washington



Michelle Bailey
For Metro | Winnipeg

"Awesome" — that's how Winnipegger Rosie O'Connor describes what it felt like to join almost half a million others for this weekend's Women's March on Washington.

"I felt so proud and privileged to be at the heart of what I refer to as not just a march, but a movement," the 63-year-old retired woman's and children's advocate said Sunday.

"It was so inspiring and powerful to be surrounded by people of all ages and backgrounds who made it very clear to President Trump and his administration that change is coming. The march was just the beginning," she said.

O'Connor was one of many Canadians who travelled to Washington, D.C. to attend the event, while as many as 670 similar events were held worldwide. As a visitor, she said her pres-

"This was not a one day thing."

Rosie O'Connor

ence was deeply appreciated.

O'Connor described the atmosphere leading up to Saturday's march as electric.

"It was a two hour wait to get on the packed (subway system), but no one seemed to mind because we were all in such a positive and feisty mood," she said.

"Even our hotel was full of women who were there specifically for the march."

O'Connor added it was inspiring to see dozens of men in the crowd, many of whom were wearing so-called "Pussy hats" — pink hats with ears.

"There were men there with their daughters and grandfathers with their granddaughters. It was so wonderful to see."

O'Connor said she was "very proud" to see so many gather to take part in our city's own march, which drew more than a thousand demonstrators to march down Portage Avenue.

"You just need to look at the millions of people attending marches around the world to feel confident this was not a one day thing."



Rosie O'Connor, centre, is a Winnipeg woman who travelled to Washington on Saturday to take part in the women's march. CONTRIBUTED

Faces of Winnipeg by David Lipnowski

Michael is currently starting a new job, and is in training as a home care professional. His life's passion is music, and Michael is trying to live his dream as a musician, but he wanted a job that gives him a rewarding feeling at the end of the day. He found that helping others through this line of work was a good fit. He calls himself a Black Goth, and the style of music he produces is "Industrial/Korean-Goth Pop." He is in a band called "Gutes Haar," which translates into "Good Hair," which is the first thing you notice about him. Michael is interested in many creative fields as well as music, including videography and photography. He is working on the final mastering stages of an album in which he sings in German, called "Glass Mind." He learned German because he wants to visit the country, as so many aspects of the culture speak to him.

Faces of Winnipeg This is a weekly Metro series appearing in every Monday's edition. In 2013, local photographer David Lipnowski launched his art project, A Portrait a Day, in which he captured everyday Winnipeggers on the city's streets. You could say this series is an extension of that exhibit.



Premier's 'race war' comments criticized

INDIGENOUS ISSUES

Pallister made the remark in reference to night hunting

Manitoba's premier is being criticized for saying indigenous people shouldn't be night hunting and that the practice is creating a "race war."

Brian Pallister made the comments to fellow Progressive Conservatives earlier this week in Virden, Man.

"Young indigenous guys going out and shootin' a bunch of moose 'cause they can, 'cause they say it's their right, doesn't make any sense to me," he said in a speech, which was recorded by the local radio station CJVM.

"This is a poor practice. A dumb practice.... It should stop."

"So what are we doing? We're organizing to bring indigenous people together and say the same thing I just said to ya, 'cause it's becoming a race war and I don't want that."

The province's hunting guide says indigenous people have the right to hunt at night where it is safe, but it is illegal for others.

The premier said in an emailed statement that night hunting is a dangerous practice for everyone and that "rights do not trump responsibilities." He said

the government is reaching out to indigenous communities on the issue.

NDP legislature member Wab Kinew called the premier's words awful and offensive.

Kinew said that as an aboriginal man, he hunts, but not at night because it isn't safe.

"There are reasonable people on all sides of the issue," he said. "But the problem is reasonable voices get crowded out by inflammatory comments like 'race war.' The premier's got to own up to that. He's got to recognize this was reckless and he should apologize."

Night hunting has become controversial because it is commonly associated with hunters in trucks using high-powered lights to target animals, said Rob Olson, managing director of the Manitoba Wildlife Federation.

The danger, he said, is when night hunting takes place near farms and ranches. Hunters can't see in the dark what's beyond their target.

Olson's group has been talking with First Nations about the practice and pushing the province to quickly do the same. He hopes the government will follow Saskatchewan and ban night hunting for everyone in certain areas. Indigenous groups agreed after the province got the support of elders, he said. THE CANADIAN PRESS WITH FILES FROM CJVM

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Justin Trudeau sparked controversy by boarding the Aga Khan's helicopter. THE CANADIAN PRESS

A history of heli-heat

ETHICS

Trudeau not the first to stir controversy over private flight

If only Justin Trudeau had bumped into Earl Deveau at the airport in the Bahamas — he might have been able to save himself a chopper-load of political grief.

After all, Deveau — formerly the island nation's environment minister — has himself been a passenger on board the Aga Khan's private helicopter, just like Trudeau, and was made to suffer the consequences.

It was September 2010 when someone snapped a photo of

Deveau walking away from the helicopter in question during a stopover on his way to the Aga Khan's private island.

For Deveau, the political perils were decidedly more glaring.

The Aga Khan was seeking permission to dredge offshore from his island, inside an established marine reserve, in order to make room for his massive luxury yacht, among other vessels. Locals feared irrevocable environmental harm.

The area, known as the Exumas, had become popular with celebrities and the super-wealthy keen on owning their own island.

Owners include actor Johnny Depp, singers Faith Hill and Tim McGraw and former investment banker Steve Harrington.

The Aga Khan — the wealthy philanthropist and hereditary

spiritual leader to the world's approximately 15 million Ismaili Muslims — happens to be a close family friend of Trudeau's.

Trudeau has been facing heat over the flight ever since the National Post reported on his family holiday at the Aga Khan's island, which also included Liberal MP Seamus O'Regan and Liberal party president Anna Gainey.

The federal Conflict of Interest Act and Trudeau's own ethics guidelines for his cabinet ministers bar the use of sponsored travel in private aircraft, allowing it only for exceptional circumstances and only with the commissioner's prior approval.

The act also prohibits a minister or any member of their family from accepting gifts or "advantages" that could reasonably be seen as influencing government

decisions. The only exception is if the giver is a friend.

The federal ethics commissioner is looking into the holiday and the chopper flight. Trudeau has repeatedly called the Aga Khan a longtime family friend who served as a pallbearer at his father's funeral.

Back in 2010, there were immediate calls for Deveau's resignation. Then-prime minister Hubert Ingraham stood by his minister, admitting that he, too, had hopped a ride in the very same helicopter to meet with the Aga Khan and foreign dignitaries.

At the time, a frequent political argument — similar to that of Trudeau — was that there was no other means of accessing Bell Island, which the Aga Khan reportedly purchased in 2009 for \$100 million US. THE CANADIAN PRESS

ALBERTA

Domestic violence leave now a reality

A union in Alberta has negotiated domestic violence leave for members who work at a long-term care facility.

The United Steelworkers says the agreement means Rivercrest Care Centre workers who are victims of domestic violence can take paid leave for legal, medical and counselling appointments without fear of losing their jobs.

Ray White, president of Local 1-207, said the contract language is a first for the union in Alberta and it plans to table similar proposals with other employers.

"The stigma attached to domestic violence is bad enough without having to go to your employer hat in hand begging for time off," he said.

Blair Halliday, chief operating officer of Qualicare Health Services Corp., said he was initially surprised when the union tabled the proposal for workers at the Fort Saskatchewan nursing home. But after learning more about domestic violence, the company decided it was the right thing to do for the employees, who are mainly women.

The union hopes provincial governments will take action to ensure all people can take time off to get help they need, he said.

Alberta Labour Minister Christina Gray said the government will look at domestic violence leave as part of a review of the province's labour laws, but she gave no indication when that may be. THE CANADIAN PRESS

LA LOCHE

A year since deadly school shooting

Prime Minister Justin Trudeau is remembering the anniversary of the deadly La Loche, Sask., school shooting, saying the tiny community has inspired the whole country.

Sunday marks the one-year anniversary of the shooting that killed two staff and wounded seven others in the high school.

Two teenage brothers were also killed in a nearby home.

"To the community of La Loche, please accept our deepest sympathies and know that you have our unwavering support," Trudeau said.

Saskatchewan Premier Brad

Wall said in a separate statement that all of Saskatchewan wept with La Loche after the shooting.

He said the province has been working with the community to strengthen mental-health supports, counselling services and programs in La Loche and continues to measure the effectiveness of those supports.

"We resolve once again as a province to walk with you, to remember the lives that were lost far too soon, and to turn the pain of loss into seeds of hope for the future," Wall said.

THE CANADIAN PRESS

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'Everything collapsed on us'

ITALY

Avalanche survivors tell harrowing stories

Some of the lucky ones were sipping hot tea near the fireplace in their mountain resort hotel, waiting for snowplows to arrive so they could finally go home, after a winter holiday made nerve-wracking by a day of ground-shaking earthquakes and heavy snowfall.

Suddenly, Vincenzo Forti and girlfriend Giorgia Galassi were knocked violently off a wicker sofa. A few other guests nearby tumbled off their chairs in the elegant yet rustic reception hall.

An avalanche of snow — and not a tremendously powerful earthquake as survivors first imagined — had just barrelled down the mountainside Wednesday evening, smashing into the Hotel Rigopiano and trapping more than 30 holiday-makers, including four children, and workers inside.

On Sunday evening, rescuers



A rescue team works at the avalanche-hit Hotel Rigopiano. CONTRIBUTED/AFP/GETTY IMAGES

spotted a man's body in the wreckage, raising to six the number of confirmed dead. Twenty-three others remained missing, with hopes dependent on whether anyone might have found survival in some air pocket searchers hadn't

yet reached.

While the nine people who were eventually rescued, including all the children, remained hospitalized Sunday, some details of their harrowing survival accounts began emerging, through family, friends

and rescuers who spoke with them at their bedside or by telephone.

Among the details: the seemingly endless isolation, since the snow absorbed any sound from the outside world.

"There were four of us, in

front of the fireplace, drinking tea," Galassi recalled.

Suddenly, "everything collapsed on top of us, and I didn't understand anything anymore," Galassi, a 22-year-old university student, told Radio Giulianova, a radio station her hometown of the Adriatic coastal town of Giulianova, where Forti, 25, owns a seaside pizzeria.

Cut off from the outside world, the couple heard no sound. But "we were convinced that someone would come, because it was impossible they wouldn't be aware of us," Galassi said. "We banged until I couldn't anymore, we yelled."

"It was like we were in a tin can," she said.

There was no food, but there was ice, from the avalanche.

"We ate ice, that was our fortune," Galassi said.

Forti's fishing buddy, Luigi Valiante, added more details, telling reporters after visiting him in a hospital Sunday that the young man "realizes he is a miraculous survivor. Also considering where he was — a square metre (space) in the cold, without lights, with a broken sofa, a girder splitting it up." THE ASSOCIATED PRESS

SETTLEMENTS

Israel delays key vote

Israeli Prime Minister Benjamin Netanyahu delayed a vote Sunday on an explosive proposal to annex one of the West Bank's largest settlements, apparently to co-ordinate his policy toward the Palestinians with the new administration of U.S. President Donald Trump.

The move put on hold legislation that threatens to unleash fresh violence and damage already faded hopes for Palestinian independence. It also may mark Trump's first foray into Middle East diplomacy.

After eight years of frosty relations with President Barack Obama, Netanyahu has welcomed Trump's election as an opportunity to strengthen ties between two allied nations.

Education Minister Naftali Bennett, leader of the pro-settlement Jewish Home Party, has been pushing Netanyahu to abandon the internationally backed idea of a Palestinian state and to annex the Maaleh Adumim settlement near Jerusalem.

THE ASSOCIATED PRESS

GAMBIA

Ex-ruler empties coffers, flees with cars

Exiled Gambian ruler Yahya Jammeh stole millions of dollars in his final weeks in power, plundering the state coffers and shipping out luxury vehicles by cargo plane, a special adviser for the new president said Sunday.

Meanwhile, a regional mil-

itary force rolled in, greeted by cheers, to secure this tiny West African nation so that democratically elected President Adama Barrow could return home. He remained in neighbouring Senegal, where he took the oath of office Thursday because of concerns for his safety.

Barrow's special adviser Mai Ahmad Fatty confirmed that Jammeh made off with more than \$11.4 million US during a two-week period alone. That is only what they have discovered so far since Jammeh and his family departed late Saturday. "The Gambia is in financial

distress. The coffers are virtually empty," Fatty said.

With Jammeh gone, a country that had waited in silence during the crisis sprang back to life. Shops and restaurants opened, music played and people danced in the streets.

THE ASSOCIATED PRESS



Senegalese ECOWAS (Economic Community of West African States) soldiers arrive in Banjul on Sunday. AFP/GETTY IMAGES

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CANADA

Ready to confront a new reality

Prime Minister Justin Trudeau and his federal Liberal government will confront the reality of Donald Trump in the White House as his cabinet members begin gathering Sunday in Calgary for a three-day retreat that are to include discussions with an adviser to the new president.

Up to now, Trudeau has had a relatively smooth ride guiding Canada's relations with the U.S., thanks to being so sympathetic with Barack Obama — natural allies on climate change, with a close personal relationship that oozed brotherly affection.

Now the Liberals are girding for a major reset with Washington, which is expected to be the preoccupying pastime for Liberal ministers during their upcoming meetings.

Dominic Barton, the head of the Trudeau government's influential council of economic advisers, is also set to attend. Earlier this month, he cautioned that Trump's pledges on trade and taxation must be taken seriously in Canada.

The Liberal government hopes to send a message to the Trump administration that Canada and the U.S. have a shared agenda, Natural Resources Minister Jim Carr said Sunday in Calgary.

"We will have to see what the administration actually does," he said.

Earlier Sunday in Washington, Trump said he had scheduled meetings with Trudeau and Mexican President Enrique Peña Nieto and signalled negotiations will have to begin on NAFTA.

"I ran a campaign somewhat based on NAFTA," Trump said. "But we're going to start renegotiating on NAFTA, on immigration, on security at the border."

The date of the meeting between Trudeau and Trump has yet to be announced.

THE CANADIAN PRESS

International outpouring sends message to Trump

WOMEN'S MARCH

Millions come out to over 600 sister marches worldwide

In a global exclamation of defiance and solidarity, more than 1 million people rallied at women's marches in the nation's capital and cities around the world Saturday to send President Donald Trump an emphatic message on his first full day in office that they won't let his agenda go unchallenged.

Trump responded Sunday, undermining the public opposition then defending demonstrators' rights a short time later.

"Watched protests yesterday but was under the impression that we just had an election! Why didn't these people vote? Celebs hurt cause badly," tweeted Trump, at 7:51 a.m. Ninety-five minutes later, he struck a more conciliatory tone.

"Peaceful protests are a hallmark of our democracy. Even if I don't always agree, I recognize the rights of people to express their views," the president tweeted at 9:26 a.m.

And protesters had done just

that.

"Welcome to your first day, we will not go away!" marchers in Washington chanted.

Many of the women came wearing pink, pointy-eared "pussyhats" to mock the new president. Plenty of men joined in, too, contributing to surprising numbers everywhere from New York, Philadelphia, Chicago and Los Angeles to Mexico City, Paris, Berlin, London, Sydney and even Antarctica.

The Washington rally alone attracted over 500,000 people according to city officials — apparently more than Trump's inauguration drew on Friday. It

was easily one of the biggest demonstrations in the city's history, and as night fell, not a single arrest was reported.

The international outpouring served to underscore the degree to which Trump has unsettled people in both hemispheres.

Around the world, women brandished signs with slogans such as "Women won't back down" and "Less fear more love." They decried Trump's stand on such issues as abortion, health care, diversity and climate change. And they branded him a sexist, a bully, a bigot and more.

All told, more than 600 "sister marches" were planned world-

wide. Crowd estimates from police and organizers around the globe added up to approximately four million.

Tens of thousands of protesters squeezed into London's Trafalgar Square. In Paris, thousands rallied in the Eiffel Tower neighbourhood in a joyful atmosphere, singing and carrying posters reading "We have our eyes on you Mr. Trump" and "With our sisters in Washington." Hundreds gathered in Prague's Wenceslas Square in freezing weather, mockingly waving portraits of Trump and Russia's Vladimir Putin.

METRO/THE ASSOCIATED PRESS

4 MILLION STRONG: THE MARCH HEARD 'ROUND THE WORLD

WASHINGTON — 500,000



L.A. — 750,000



NEW YORK — 250,000



PARIS — 10,000



LONDON — 100,000



BERLIN — 1,000



SYDNEY — 3,000



ANTARCTICA — 30



SOLIDARITY

Canadians to American sisters: You are not alone



May Warren
Metro | Toronto

After two nights of sleeping upright buses, an entire day of walking and more than 24 hours without a shower, a few hundred Canadian women finally arrived back in Toronto on Sunday afternoon.

They were tired but elated and ready to take their energy forward over the next four years, fresh from the historic

Women's March on Washington.

"I believe it's just the start," said Jo-Anne Miller.

The fifty-something seasoned activist made the trip alongside her twenty-something friend Jocelyn Murphy. Their generational split — not uncommon among those in the masses — serves as an example of what made the momentum created over the weekend so important.

The march was 29-year-old Kat Scott's first time doing any-

thing in the "political sphere."

She considers herself a feminist, was inspired to action by Gloria Steinem and "at root" just wants to end sexism.

"It's those moments of just reminding myself that I'm not alone," she said, about the importance of the march. "You can pull on this memory."

The march gave the world a glimpse of the "the power of the people," especially when it comes to fighting the "intersectionality of oppression" women of colour and indigen-

ous women face in Canada and the U.S., Miller said.

Standing out in their red toques amongst the thousands of pink knitted hats that stormed the capitol on Saturday, Canada's women, and some men, were welcomed loudly.

Americans cheered them loudly along the march's route, yelling "thank you for coming," and "you go Canada, you go."

The event was organized as a peaceful gathering in support of diversity, equality and inclu-

sion, not as a protest against U.S. President Donald Trump. But, his face and name popped up throughout, on signs where he was depicted as a clown or as a puppet of Vladimir Putin, and in chants.

At one point near the National Mall, marchers sang out "we don't want your tiny hands, anywhere near our underpants."

But, the movement was about much more. Issues spotted on signs ranged from reproductive rights, to climate change and Black Lives Matter.



A group of Canadians joined hundreds of thousands of people taking part in the Women's March in Washington. MAY WARREN/METRO

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A portrait of a woman with dark, curly hair, looking directly at the camera. She is wearing a dark, sleeveless dress with a black belt. The background is a solid light color.

FIRST STEPS MUST YIELD NEXT STEPS





Jonathan Forani
Torstar New Service

It has been three years since her first ride, but Casey Graham still remembers the dark candlelit room, the ardent leader at the front, and the thumping beats.

For the 24-year-old, that first SoulCycle spin class in New York City was a celestial thing.

"It was life-changing," says Graham, who works in marketing. She'd never done a spin class before, but heard the boutique indoor-cycling brand dubbed a "party on a bike," was different from the other fluorescent-lit offerings available.

"It doesn't feel like a workout class," she says, but more like an upscale bar in "gym form."

After her ride, Graham felt she'd been welcomed into a "very exclusive" club. She purchased the branded attire and began imploring the company over social media to come to Toronto.

SoulCycle arrives March 2. Its first Canadian location is in Toronto, with another slated for Vancouver by the end of the year. Spin classes are \$28 a pop.

Its arrival is the latest and buzziest of high-end fitness brands that offer far more than a good sweat. These are clubs with personal trainers and stationary bikes as well as apparel shops, vast Instagram followings and celebrity endorsements.

They are not just selling fitness, they are selling a lifestyle.

There's Equinox, with its full-service spa, chilled eucalyptus towels and \$176 monthly memberships; the \$280-a-month Cross-Fit YKV; the "Pilates on crack" machines of Studio Lagree (\$32 a class) and the "Pilates-meets-ballet" of Pure Barre (\$199 a month).

Pricy fitness boutiques have been around for years, but the levels of specialization and use



SARAH KEHOE

Selling the soul of fitness

Saddle up for some \$28 spin classes. Boutique gyms, offering an exclusive sense of tribalism, are booming

of the phrase "boutique fitness" is relatively new, says Margaret MacNeill, University of Toronto associate professor of Kinesiology and Physical Education.

"It gives a sense of high-class. It gives a sense of luxury. And all of those things give a sense of exclusiveness that you're a member of an elite, special, tiny club," MacNeill says.

SoulCycle fan Graham says it's worth the price of admission for the "overall vibe" — the pristine white lobby, the atmospheric lighting of the studio and its instructors who coach riders to

"tap it back," a phrase now popularized by the studio referring to the "squat-on-a-bike" bouncing motion bashed by some critics for being counterproductive and potentially dangerous.

Health and fitness columnist James Fell gave the SoulCycle workout a "failing grade" in 2011 for bad "exercise physiology and biomechanics." Others contest the club's seeming employment of people without fitness backgrounds who have more experience as entertainers.

Gabby Cohen, senior vice-president of PR and brand strat-

egy at SoulCycle, says its full-time instructors (five are expected at the incoming Toronto location) go through a 10-week training regimen and the team has a physical therapist on staff to ensure the workouts do no harm.

As for harm done to the wallet, it's the cost of running a high-end gym. Cohen says full locker amenities with complimentary shampoo, conditioner, body wash, deodorant, free towels, hair ties, gum and earplugs are all provided at the front desk. High-end spots including SoulCycle and Equinox offer a

lifestyle benefits too — nutritional coaching, a kids club, work spaces and lush interiors.

Going boutique is a reflection of the public exposure fitness centres were getting from the gym-mirror selfie crowd. At some of these clubs, members exit through gift shops where everything from candles and cashmere gloves to baby onesies embossed with club lingo are sold.

MacNeill sees this rise of public displays of fitness as a kind of New-Age "conspicuous consumption." "It was a criticism of the leisure class (in the 1800s), those

who had inherited all their riches and were able to have very public displays of their leisure life, to be able to go to the horse races, to play polo," says MacNeill.

"To some degree, the phenomenon of people putting Instagrams up is a new version of conspicuous consumption — 'I'm in this gym and you're not.'"

\$3 billion

Canada's growing industry of fitness clubs is worth \$3 billion, according to recent data from research firm Ibis.

Indeed, there are a lot of people who are not in those gyms which require deeper pockets than the monthly membership fees of \$10 to \$20 a month (Hone Fitness, Planet Fitness, Fit4Less, World Gym) to \$35 to \$65 a month (Snap Fitness, GoodLife, LA Fitness, YMCA). These centres offer similar workouts, but provide fewer if any "high-end" amenities.

Rod Macdonald, vice-president of canfitpro has worked in both the commercial and non-profit fitness worlds. He found a kind of "tribalism" or desire for a sense of belonging is seen in all areas, no matter the membership fee and follower count on Instagram.

"The more someone feels like they really belong somewhere," says Macdonald, "the more likely they are to stay and be advocates for the tribe."

Superfan Graham is ready to join. "I've never felt the way I did after a SoulCycle class," she says — elated, unstoppable, her "best self."

After spending upwards of \$50 on two workouts, she says the sweat and lifestyle are worth the price. "You get what you pay for."

ADVICE

Stretching out resources now sets a smart tone

Gail Vaz-Oxlade
For Metro Canada



Despite resolutions to not go into January with debt, loads of people find themselves hesitant to open up their credit card statements. With debt to deal with, higher hydro bills and ever-rising food and gas prices, it's time to focus on ways to trim back.

Welcome to Make Do Month, when you stretch everything a little farther so you spend a lot less. You'll scoop the last

drop out of every bottle or jar. You'll dig to the back of your food cupboard to use up the noodles, the soup, the bag of beans. And you'll go through your freezer and eat everything that's been sitting there for the past six months.

January is also a good month to experiment with a new routine. Used to buying coffee every day? Brew your own at home or work and save big-time. Go out for lunch? Brown-bag it four out of every five days so you have the money to pay off that holiday debt.

If you have family or friends whose birthdays fall in January, committing to Make Do Month means you won't rush out and buy a present. Instead, you'll find a way to give something of yourself instead. Make their favourite cookies, offer to cook a meal or a bunch of meals for the freezer for those extra busy workdays, or create a coupon for free babysitting. Maybe you're a computer genius and can offer to do maintenance or repairs. Perhaps you're a mechanic and can offer a tune-up. Substitute your energy for spending money.

While you're being frugal and using up all your stuff so you don't have to spend money in January, why not inventory the things you seem to have a lot of: screws, magazines, nail polish, face creams, shampoo, books, yarn, scrapbooking supplies. Measuring your abundance and committing to buying nothing more until you've used up what you have is a great way to take Make Do Month and make it a year-long way to save money.

After the buzz of the holidays you'll no doubt be happy to stay home for the first

couple of weeks. Then you may start feeling itchy. You've got to get out.

Before you hit that great new restaurant that just opened up or head out to the clubs, remember that January is Make Do Month. Call up a couple of friends and throw a potluck dinner instead. My girlfriend Annie asked all her invitees to bring a dish from their cultural heritage. I showed up with oxtail soup and partook in everything from cabbage rolls to kafta.

January is a great month to start a tradition of once a

month game or poker night and rotate from one friend's home to another. No one says you can't have fun in Make Do Month. You just can't spend gobs of money.

Make a conscious decision to stretch every dollar as far as it'll go. Try it and see if just becoming conscious saves you money.

I'll bet you're pleasantly surprised.

For more money advice, visit Gail's website at gailvazoxlade.com

JOHANNA SCHNELLER
WHAT I'M WATCHING

Greatest show (of strength) on Earth...



Alicia Keys performs in Washington D.C. GETTY IMAGES

THE SHOW: The Women's March on Washington
THE MOMENT: The Mall

I thought the show was going to be the rally.

On a stage somewhere near Independence Ave. and Third Street in Washington D.C., dozens of speakers would address a crowd (they expected 250,000). I thought I'd be listening to Gloria Steinem, Michael Moore, America Ferrera. Janelle Monae talked to the Mothers of the Movement, who'd lost children to police violence.

But my group of seven, who'd flown down from Toronto, couldn't get near it. We came close: We talked our way behind a barricade, which happened to be the spot where celebs were hustled after they spoke.

Here came Cher, shaking hands with the crowd. Alicia Keys and Jake Gyllenhaal (sporting a bushy beard) stuck to their security men. But we gave up on trying to see the stage. There were simply too

many people.

So we headed for the Mall, DC's front lawn. We stepped out of the tree line, and my knees buckled. A solid wash of humanity, hundreds of thousands, mostly female, stretched as far as one could see, sporting pink pussy hats and carrying witty signs (my favorite: Putin wearing an American "I Voted" sticker). We knew it felt big, but we had no idea it was this big. This was the show.

No matter how crowded it became — and where barricades made bottlenecks, it was dangerously crowded — people stayed calm. They smiled, they made room, they chatted. A million souls, myriad intentions, but one mood. The biggest political protest in U.S. history.

The greatest show (of strength) on Earth.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

No more cartoon clichés of nerds and sex bombs

FILM PRODUCTION

Women in animation lead the revolt

The California Institute of the Arts was created partly by Walt Disney's desire to bring more top-flight animators into the profession. And it has during its 47 years, though for a long time almost all were men.

Now, nearly three-quarters of CalArts' more than 250 animation students are women, and there's a new goal: ensure that when they land jobs, they get to draw female characters reflective of the real world and not just the nerds, sex bombs, tomboys or ugly villains who proliferate now.

"Male villains, for example, can be any shape or size. But female villains are usually in their menopausal or postmenopausal phases. They're older, they're single, they're angry," said Erica Larsen-Dockray, who teaches a class on The Animated Woman for CalArts.

"Then you have the innocent princess, whose waist is so small that if she was actually alive, she wouldn't be able to walk."

To call attention to that, CalArts has played host the past two years to The Animated Woman Symposium on Gender Bias. This year it focused on the roles of Sidekicks, Nerd Girls, Tomboys and More.

During a recent raucous two-hour symposium, nearly a dozen student researchers who spent months watching cartoons and reading comic books questioned why almost all female sidekicks look like nerds. Also why female heroes like Kim Possible are over-the-top beautiful. And why there are so few gay, lesbian and transgender characters.

"What are nerd-girl stereo-



Ajani Russell poses with her artwork Female Figures prior to the Animated Women symposium at California Institute of the Arts, created partly by Walt Disney's desire to bring more top-flight animators into the profession. MARK J. TERRILL/THE ASSOCIATED PRESS

types? They have glasses, they're shy, they're awkward, they have some freckles going on," said film-video student and artist Madison Stubbs as she flashed drawings of several, including two of the most popular: Velma from Scooby-Doo and Meg Griffin of Family Guy.

"And we have Tootie from Fairly OddParents," Stubbs said of the long-running Nickelodeon cartoon show's pig-tailed, braces-wearing, bespectacled sidekick. "Basically, she's just in the show

to go, 'Oh, Timmy. I want you. Why do you ignore me?'"

There's a reason for such drawings and scenarios, said Marge Dean, president of the industry group Women in Animation: Men still fill animation's writing rooms and director's chairs.

"Many, many, many women are going to animation schools. At CalArts, it's over 70 per cent. But yet if you start looking at women in creative roles, the last number we have is only 22 per cent," said Dean.

In an effort to boost those numbers, CalArts faculty invites studio representatives to campus for events like portfolio days and maintains a close relationship with groups like Dean's, which is pushing the studios to have a creative workforce of half women and half men by 2025.

CalArts alumni have directed nine of the 15 Oscar-winning

animated feature films since that category was created in 2002. Only two of those 15 films had female directors. Both of them, Brenda Chapman and Jennifer Lee, are CalArts graduates.

Dean believes the landscape will change as the popularity of animation continues to grow. Three of last year's top 10 box office films were animated — Finding Dory, Zootopia and The Secret Life of Pets. None were directed by women.

To make real change, students entering the animated world must demand it, said Stacey Simmons of the production company Stoopid Buddy Stoodios.

"The only way you're going to change it is to keep doing it," she said. "The industry itself has changed a lot, but it has not changed at the same rate the country has."

THE ASSOCIATED PRESS

“What are nerd-girl stereotypes? They have glasses, they're shy, they're awkward.”
Madison Stubbs, researcher



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ACADEMY AWARDS

Villeneuve, Gosling await Oscar nods

When this year's Oscar nominations are announced on Tuesday there's a good chance some Canadians will be prominently in the mix, most notably Quebec director Denis Villeneuve and London, Ont.-born actor Ryan Gosling.

The in-demand duo, who are working together on the upcoming sci-fi film noir *Blade Runner 2049*, has already racked up a long list of honours on the awards circuit.

Villeneuve's aliens-have-landed thriller *Arrival* is up for nine British Academy Film Awards and got two Golden Globe nominations. The Directors Guild of America also nominated Villeneuve for its outstanding directorial achievement award.

Meanwhile, Gosling won a Golden Globe for his role as a jazz musician in the dreamy musical *La La Land*, which took home seven awards in total. He's also up for BAFTA and Screen Actors Guild awards.

"Ryan Gosling, when you look at his body of work, he's an artist that makes no compromise," Villeneuve said during an interview at the Toronto Film Critics Association Awards earlier this month. Gosling has equal praise for Villeneuve.

"He's very inspiring and he's a gentleman, to boot," Gosling

said in an interview at the Toronto International Film Festival.

"He's very Canadian. Our (*Blade Runner*) crew is very Canadian. It's kind of funny, just everyone apologizing to each other all the time for no reason."

Villeneuve and Gosling are both well established in their careers: Gosling's honours include an Oscar nomination in 2007 for *Half Nelson*, and Villeneuve got a BAFTA nomination in 2012 for the mystery-drama *Incendies* and a Palme d'Or nomination at Cannes in 2015 for *Sicario*.

But their profiles have really skyrocketed lately, with their current projects landing them major features in high-profile publications that have declared the indie darlings as bona fide Hollywood A-listers.

"I was happy to see Ryan Gosling win that (Golden Globe). He's oh so charming," said Toronto filmmaker Matt Johnson, whose fake documentary *Operation Avalanche* was up for a TFCA Award and is nominated for six Canadian Screen Awards. "He's the biggest star in the world."

Also in contention for a nomination is Xavier Dolan, whose film *It's Only the End of the World* is one of nine movies still in the running for a best foreign-language Oscar nod.

THE CANADIAN PRESS



Denis Villeneuve's sci-fi thriller *Arrival* is expected to be in the running for Best Picture at the Oscars. THE CANADIAN PRESS

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Slender Man is a character born online, created by committee through fanfiction and web forums. HBO VIA AP

Meet the boogeyman for the viral generation

TELEVISION

Slender Man doc explores Internet myth's real-life horror

Irene Taylor Brodsky was getting frustrated while working on her latest HBO documentary, investigating how the Internet was impacting kids' brains. Then she heard about Slender Man.

She was in her studio when she received an email from HBO with a link to an article about Morgan Geyser and Anissa Weier, two 12-year-old girls in Waukesha, Wisconsin, charged with stabbing their 12-year-old friend Payton Leutner 19 times. (She lived.) They'd allegedly been inspired by the Slender Man, a character born online, created by committee through fanfiction, forums and other web-born whispers.

The police report said they believed that if they killed Leutner they would be appointed to serve Slender Man as "proxies."

"I wrote back within 10 minutes and said, 'I guess this is our film, huh?'" Brodsky says over the phone.

She spent the next two years exploring the "Slenderverse," the term coined for the Slender Man universe of stories, YouTube videos, video games, fan art and creepypastas (the shiver-inducing branch of cospasta, so named because you copy and paste to share them online). The finished doc, *Beware the Slenderman*, uses police interviews, court

video and interviews with the accused girls' parents to get inside the heads of the incarcerated adolescents, who will be tried as adults later this year.

It airs on HBO Canada Monday at 10 p.m.

"The more he went viral, the more (people) were able to put (their) own iteration of him out there," Brodsky says of the browser boogeyman. "And you could argue that this film that includes the story of these girls is my iteration of him. That's the way that I understand him."

Slender Man, a tall, thin, faceless figure in a suit, sometimes depicted with eight black tentacles, was first developed by artist Victor Surge, the alias of an American named Eric Knudsen, for a Photoshop competition on millennial slack site SomethingAwful.com. He submitted two vintage black-and-white photos of a group of children outdoors, the figure rendered as a blur lurking in the background. The character has since become the inspiration for a world of creepy creations online.

While many adults will give you a face as blank as Slender Man's when the meme is men-

"The more he went viral, the more (people) were able to put (their) own iteration of him out there."

Irene Taylor Brodsky

tioned, Brodsky quickly learned how engaged its school-aged target audience is. "The sheer volume and the number of likes that his fanfiction gets, that his images get, that the videos about him get, that validates him in kids' minds," she says. "The virality is what proves it worthy."

The next big share will come from Hollywood. On Jan. 4, *Deadline* reported that Stomp the Yard director Sylvain White will direct a Slender Man film for Sony's Screen Gems, which will shoot this spring.

Warner Bros. has announced Slender Man as one of the creepypasta legends it will focus on in an upcoming live-action YouTube series from Clive Barker. And while nothing has yet come from rumours that Ryan Murphy was writing Slender Man into *American Horror Story*, there remains plenty of opportunity now that FX has greenlit the horror anthology through seasons 7, 8 and 9.

"I think one of the reasons that it is being adapted to so many different arenas is because it's an avatar that we can project our own fears onto," says Dave Alexander, editor-in-chief of *Rue Morgue* magazine.

"Slender Man has a blank white face. Human beings identify each other by visual cues in the face. When that's gone it's mysterious and disturbing and upsetting."

Adam David, a PhD candidate in film studies at Western Sydney University whose work focuses on evolving horror mediums, says Slender Man's arrival is right on cue. A new development in

technology is often bestowed with a spectral aura.

"We build mythologies around technology," he says. At the dawn of photography, he notes, spiritualists would pass off double exposed photos that featured the shadow of a second photo as proof of a spirit world.

Foundational filmmakers Georges Méliès and the Lumière Brothers used the new medium to make sheet-shrouded ghosts appear and skeletons dance in short films from the 1890s. "This is part of a long line of creating a supernatural aura around technology," David says.

And while *Beware the Slenderman* convincingly argues there were underlying psychological conditions for why Morgan and Anissa believed in Slender Man, Brodsky confesses that she herself has struggled to distinguish fact from fantasy online. Never mind "fake news" — she finds herself reading paid content in her New Yorker newsletter as if it was a scurrilously fact-checked report.

"I'm talking about bona fide publications and media outlets that aren't making it so easy for us to tell the difference," she says. "Is Slender Man all that different? Especially when you are 11?"

The tragedy has doubled as macabre publicity for Slender Man's entree into the mainstream. "It's in the pop culture language, so half the work is done," Alexander says.

"They don't need to convince audiences of this new figure, this new boogeyman. Because he already exists."

TORSTAR NEWS SERVICE

 YOU CAN DO THIS AUDIO ENGINEER

A different playlist every day

WHY I LIKE MY JOB

Daniel Horton, 40, audio engineer at the Eggplant Collective, Toronto.

At first, I wanted to be a musician or work in the field of recording music. In 2001, I went to Toronto's Harris Institute, which specializes in music and arts (diplomas). I quickly learned music was only one component — there's lots of opportunities in commercial and long-form work for audio engineers. So while my initial path was music, I've branched out into doing commercial work.

I spend a lot of time doing sound effects or sound design, fixing music supplied by a composer, mixing tracks, recording voices or voiceovers and putting all the pieces together for our clients.

I like my job because I get to experience different challenges every day. Something is always new, and I'm not bogged down working on the same project for months on end.



THE BASICS: Audio engineer

\$48,948

Median annual salary for an audio engineer. Those with advanced training and experience can expect to earn upwards of **\$75,000** per year.

+8%

Projected growth rate over the next eight years.

Data for this feature was provided by payscale.com, trade-schools.net, onetonline.org and berklee.edu.

HOW TO START

There is no set standard to breaking into audio or sound engineering. Many jobs will require some form of post-secondary school, such as a trade program or college diploma, where you study the different technologies involved in sound recording and editing, as well as theory of audio production. There are a few specialized colleges, such as the Harris Institute or the Recording Arts Canada, which offer diplomas and certificates specifically in audio-related fields. With the ever-changing nature of digital and audio equipment, on-the-job training is common.

WHERE YOU CAN GO

Audio and sound engineers can expect to find positions in most major metropolitan areas where there is a commercial, film or music industry. Toronto and Vancouver, with their heavy concentration of advertising agencies and film productions, are hotbeds for the practice.

NEXT CAREER STEP

There are a number of different career paths for audio engineers, including live concerts, voiceover work, sound effect creation, pure sound editing (for films, TV shows and commercials) and, of course, music production.

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"If our children would've said it, we would have grounded him for six months": Spurs coach Gregg Popovich on Donald Trump



Ryan and Falcons dig their talons into Packers

NFL PLAYOFFS

Atlanta makes it to the Super Bowl for just second time

Matt Ryan tumbled into the end zone, slammed the ball to the turf with a thunderous spike, and let out a scream that showed just how much he wanted this game.

He wants the next one even more.

With another MVP-worthy performance and plenty of help from Julio Jones, Matty Ice guided the Atlanta Falcons to a 44-21 rout of the Green Bay Packers for the NFC championship Sunday, a showing that erased any doubts about whether Ryan can win the big games.

In his ninth season, he's finally headed to his first Super Bowl. Call him Super Matty.

"We'll enjoy it because it's hard to get to this point. I know that from experience," Ryan said. "But our ultimate goal is still in front of us."

The Falcons (13-5) will face

New England on Feb. 5 in Houston, just the second Super Bowl appearance in Atlanta's 51-year history. Eighteen years ago, they lost to Denver in John Elway's final game.

Ryan threw for 392 yards and four touchdowns, but it was his 14-yard scoring run — his first TD on the ground since 2012 — that really set the tone.

Jones was right in the middle of things, too. After barely practising during the week because of a lingering toe injury, he finished off the Packers with a 73-yard catch-and-run on Atlanta's second snap of the second half, pushing the lead to 31-0 and essentially turning the rest of the Georgia Dome finale into one long celebration.

"He's a beast," Ryan said. "I've been lucky to play with him as long as I have."

He was impressive today. I know he wasn't feeling his best, but he's a warrior."

Jones finished with nine catches for 180 yards and two scores, which included a toe-dragging catch for a five-yard touchdown with three seconds left in the first half, sending the Falcons to the locker room up 24-0.

NFC CHAMPIONSHIP



Packers quarterback Aaron Rodgers attempts a pass as he is hauled down by Grady Jarrett of the Falcons in Atlanta on Sunday. ROB CARR/GETTY IMAGES

After the break: the play that showed every one of Jones' remarkable skills. He blazed down the middle of the field, shook off LaDarius Gunter's attempt to grab him on a cut toward the sideline, hauled in the pass from Ryan, broke Gunter's diving attempt at tackle, and defiantly knocked away Damarious

Randall's with a brutal stiff-arm. Atlanta's defence, an afterthought compared to the other side of the line, kept the Packers out of the end zone until the game was essentially locked up. Packers QB Aaron Rodgers finished 27 of 45 for 287 yards and three TDs, but he also threw an interception. THE ASSOCIATED PRESS

+ AFC

Tom Brady threw for 384 yards and three touchdowns to lead New England back to the Super Bowl with a 36-17 win over Pittsburgh.

NHL

Laine takes in full-contact practice

Patrik Laine took another step toward returning to action on Sunday.

Laine participated in his first full-contact practice with the Winnipeg Jets since being diagnosed with a concussion on Jan. 7. He had resumed skating

with the team on Wednesday but Sunday's practice was his first without the yellow no-contact jersey.

"We got a good workout on the ice," said Laine after the practice. "It was nice to get that yellow jersey off and get ready to play."

Laine sustained the concussion when he was hit by Sabres defenceman Jake McCabe during a game in Buffalo. The 18-year-old Finn had 21 goals and 16 assists in 42 games with the Jets before the injury.



Patrik Laine
GETTY IMAGES

21

The number of goals Laine has through his first 42 games with the Jets.

He did not expect to play in Monday's game against the Anaheim Ducks but head coach Paul Maurice said he might be ready for Tuesday against the San Jose Sharks, depending on how Laine felt on Monday.

"We're waiting for the next day to make sure he's OK," said Maurice. "If he comes into the rink tomorrow and feels real strong, then we'll start thinking about the next night (against the Sharks)." THE CANADIAN PRESS

+ INJURY

Maurice said winger Drew Stafford would not play on Monday and was listed as day-to-day with a lower-body injury.

MLB

Royals' Ventura dies in car crash

Royals pitcher Yordano Ventura, whose electric arm and confident demeanour helped lead Kansas City to a long-awaited World Series championship in 2015, died in a car crash in his native Dominican Republic early Sunday. He was 25.

Highway patrol spokesman Jacobo Mateo said Ventura died on a highway leading to the town of Juan Adrian, about 40 miles northwest of Santo Domingo. Mateo did not say whether Ventura was driving.



Yordano Ventura GETTY IMAGES

Also Sunday, former major league infielder Andy Marte died in a separate car accident in the Dominican Republic.

THE ASSOCIATED PRESS

IN BRIEF

Costa returns in Blues' win

Diego Costa returned to the Chelsea side after his ambiguous absence and marked his 100th appearance for the Premier League leaders on Sunday by scoring the first goal in a comfortable 2-0 victory over Hull.

The striker missed last weekend's victory over Leicester, officially due to injury but with manager Antonio Conte not disputing accounts of a rift with the top scorer.

THE ASSOCIATED PRESS

NHL

Sens fail to hold off Jackets in OT loss

Cam Atkinson's second goal of the game at 1:09 of overtime gave the Columbus Blue Jackets a 7-6 win over the Ottawa Senators Sunday night.

Atkinson had a breakaway after a shot by Senators captain Erik Karlsson missed the Columbus net and went around the boards out to Atkinson, who was at centre ice.

Third-period goals by Lukas Sedlak and Matt Calvert erased a two-goal deficit for the Blue Jackets. Atkinson then scored

SUNDAY In Ottawa



at 10:50 of the frame to give Columbus a 6-5 lead.

Kyle Turris tied the game at 6-6 less than two minutes.

Zack Smith and Mike Hoffman each scored twice for the Sens (25-15-5). THE CANADIAN PRESS

MAKE IT TONIGHT

Sunny Shrimp Tacos



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

These tacos are fresh and bright enough to bring the sun out on a winter day.

Ready in 40 minutes

Prep time: 30 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 1 lb peeled, deveined shrimp
- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 8 tortillas
- 3 Tbsp lime juice
- 1/4 head of red cabbage
- 2 Tbsp lime juice
- 4 Tbsp sour cream
- 2 Tbsp lime juice
- A good pinch of salt
- Sliced radishes, avocado

Directions

1. Peel and devein shrimp and rinse under cold water. In a shallow bowl, mix oil, garlic, cumin, chili, salt and toss in shrimp. Refrigerate for 15 minutes.
2. Preheat oven to 200 degrees. Wrap tortillas in damp paper towel, place in oven. Slice the cabbage and toss in a bowl with 3 Tbsp lime juice, olive oil and salt to taste. In a small bowl, mix sour cream, 2 Tbsp lime juice and a pinch of salt to make a crema.
3. Heat skillet to high, add a little olive oil. Add half the shrimp. Cook until you see pink around the edges. Flip over and cook briefly until shrimp are pink and opaque. Repeat with second batch.
4. Place everything on table and let people build their own tacos.

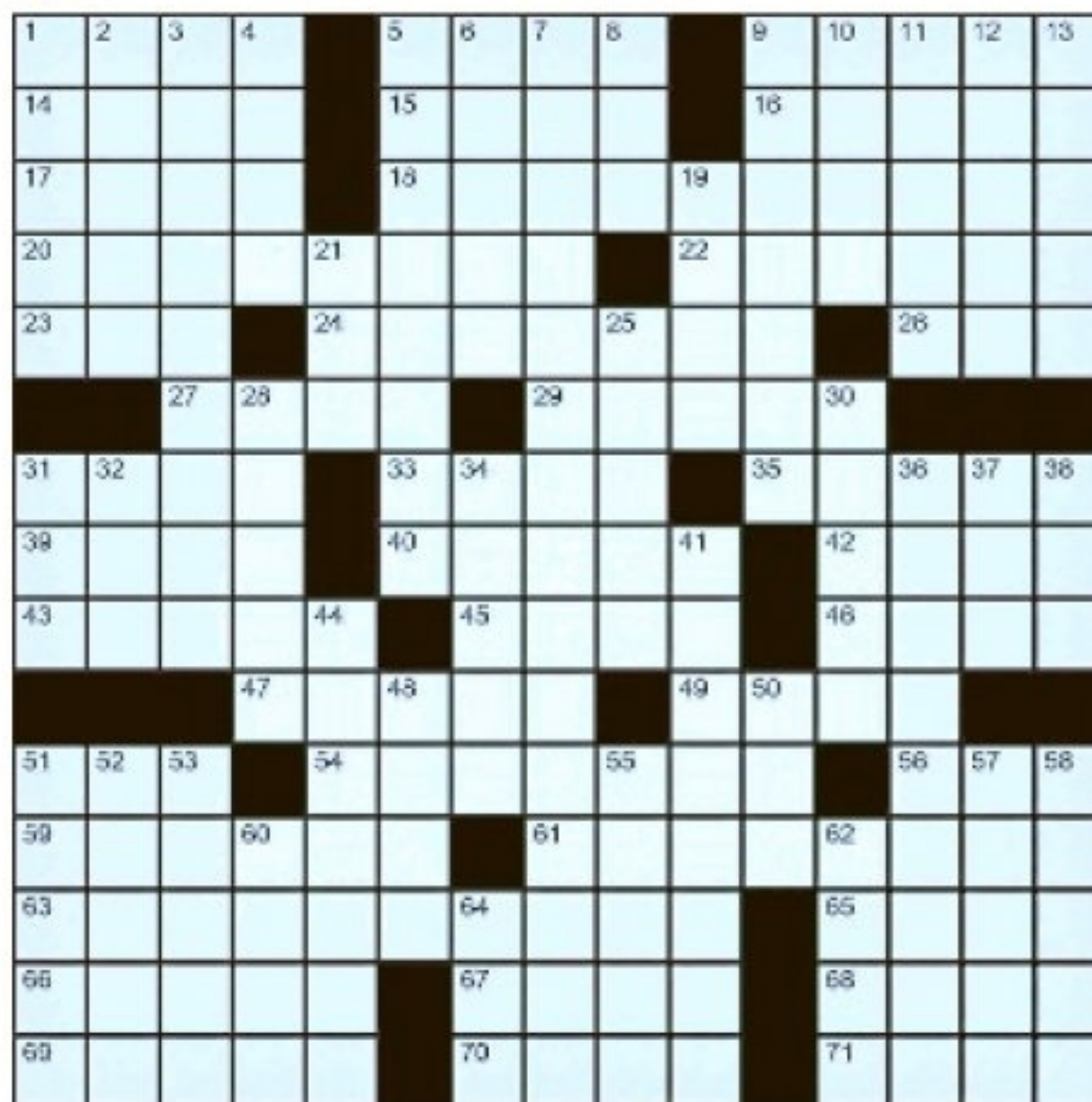
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Biblical beau
5. Skin cream ingredient, _ butter
9. Legal garbs
14. Belonging to me
15. Paper _ (Pen brand)
16. Montreal 'student'
17. Prince _ (Alexander Borodin opera)
18. Surgery pain-preventer
20. Driver's shade from rays: 2 wds.
22. Pre-ninth inning in baseball
23. "The _ Who Loved Me" (1977)
24. Pensive person
26. 1984: "Strut" Scottish singer ...her initials-sharers
27. Travel by dog sled
29. Goose, in Latin
31. PC picture
33. Inactive
35. Tenet
39. Glorify
40. Electrical pioneer Nikola
42. The _ Mountains (Range in Russia)
43. Dermatologist's device
45. "To Sir, with Love" (1967) star
46. Savings = _ egg
47. Sherwood's Mr. Hood
49. Sassiness, in slang
51. Energy unit
54. Management Land, say
56. Peacock TV station



59. Lisa's "Friends" character
61. Carmen's aria in Georges Bizet's opera
63. Accordion-like instrument
65. Court hearing
66. _ the other (Not both)

67. Slowly advance
68. Rupture
69. Sea swallows
70. CCR's "Have You Ever _ the Rain"
71. Whirl in the water

DOWN

1. Not quite right
2. Unearth: 2 wds.

3. Like an unknown benefactor
4. "Jeopardy!" creator Mr. Griffin
5. Chart-topper: 2 wds.,
6. Capital of Vietnam
7. Weather in Jim Carrey's "Spotless Mind"

8. Bronze Roman money
9. Got the job back
10. Mr. Cassini (He outfitted President Kennedy's wife)
11. "2 Broke Girls" actress Ms. Behrs, and namesakes

12. Web-sent party notice
13. Six, in Munich
19. Casual tops
21. Possessive pronoun
25. Sad-sounding ring
28. Beneath
30. Theatre in the _
31. Chicago's ill state
32. Canuck motorists org.
34. Cold cuts counters, commonly
36. Like the Lady in American band Sugarloaf's 1970 song
37. Pas' wives
38. Elevation, for short
41. Germany's famous highway
44. Cops and _
48. Second _ War (1899 to 1902 conflict)
50. Ms. Thurman
51. Walt Disney World attraction in Florida
52. Winery river valley in France
53. One whose goose is cooked
55. Do the tango
57. Butter's best friend
58. Tote
60. Business subj.
62. Whole, as in music
64. Poetic contraction

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to ask your boss for a favour. It will be easy for you to make him or her feel sympathetic to your cause.

Taurus April 21 - May 21
Because your imagination is heightened today, you will be delighted with unusual stories and meeting people from other cultures. You want to learn more.

Gemini May 22 - June 21
If you decide to share something today with someone, you will be sympathetic to his or her situation. (Make sure you respect your own needs.)

Cancer June 22 - July 23
In conversation with partners and close friends today, you will be caught up with idealistic values. You will want what's best for the other person.

Leo July 24 - Aug. 23
Co-workers might ask for your advice or want to share a hard-luck story with you. This is because people sense that you are sympathetic today.

Virgo Aug. 24 - Sept. 23
Because your imagination is heightened today, you will enjoy the creative efforts of others. You also will be creative in your own approach to something today.

Libra Sept. 24 - Oct. 23
During a discussion with a family member, you will quickly see what it is like to be in his or her shoes. This is why you will be compassionate.

Scorpio Oct. 24 - Nov. 22
Don't worry if you spend a lot of time daydreaming today. It's just one of those days. It's also easy for you to visualize things today.

Sagittarius Nov. 23 - Dec. 21
If shopping today, you will be tempted to buy luxurious items you might not be able to afford. Just remember that after the temptation wears off, you are stuck having to pay this bill.

Capricorn Dec. 22 - Jan. 20
You feel truly sympathetic for others today. This is why you will go out of your way to help someone, or at least, listen to his or her story. Be wary of crocodile tears.

Aquarius Jan. 21 - Feb. 19
Today you will be inclined to put the wants and needs of others before your own, because you feel sympathetic.

Pisces Feb. 20 - March 20
A friend may ask for your help today, or you might ask a friend to help you. Either way, people are supportive of you today, and they hope you will be the same toward them.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Open House

Tuesday, February 21, 2017

11am - 2pm and 5pm - 8pm

Wednesday, February 22, 2017

9am - 2pm

At Red River College's Open House, students can:

- Learn about RRC programs and campus life
- Explore residence
- Meet with Instructors and Academic Advisors
- Visit our Student Services Showcase

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